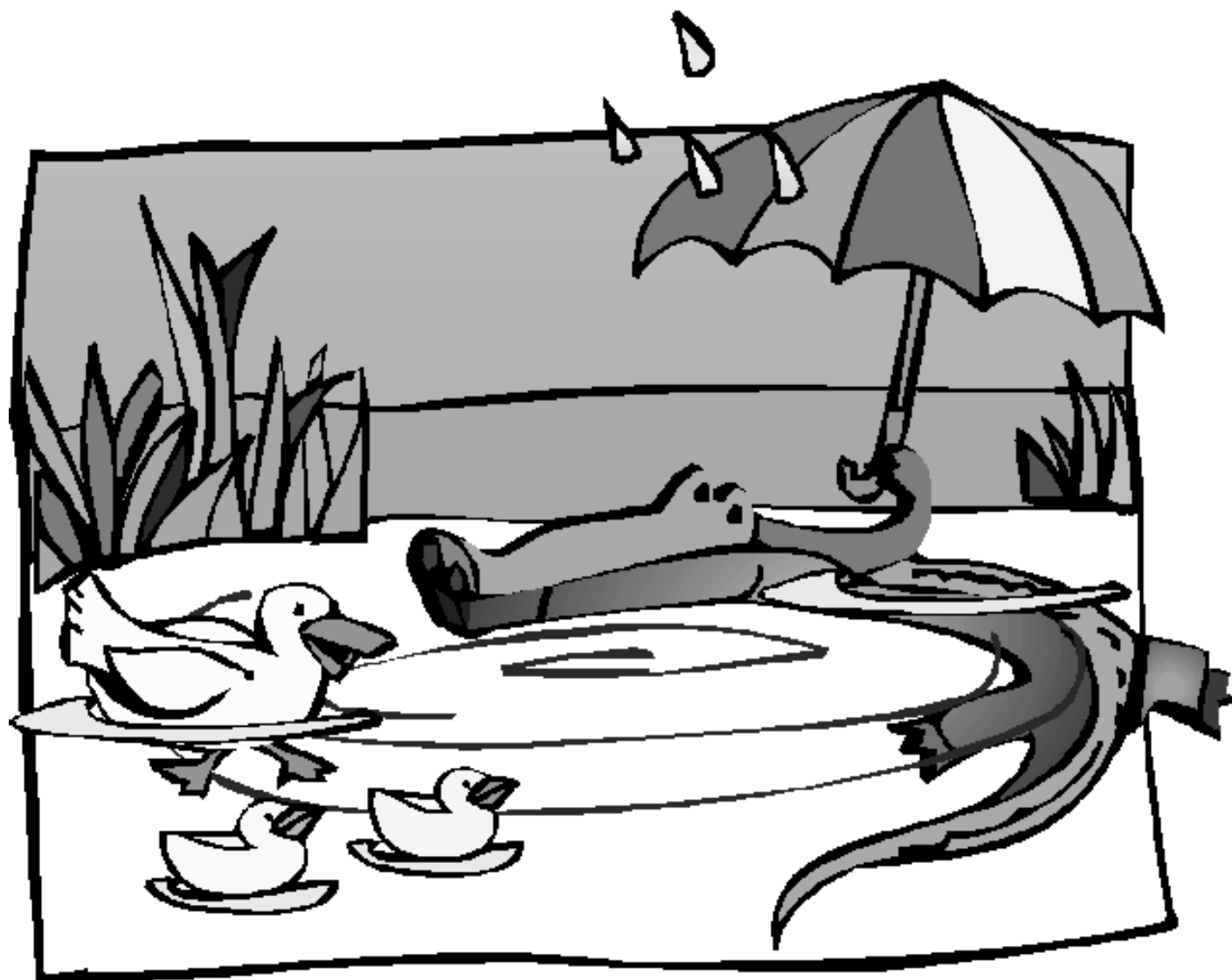




**Seattle Parks and Recreation  
Southwest Community Center & Pool  
2801 SW Thistle  
Spring 2004 Programs**

**April 3 - June 20, 2004**



[www.cityofseattle.net/parks/swcc.htm](http://www.cityofseattle.net/parks/swcc.htm)

**(206) 684-7438 - Center**

**(206) 684-7440 - Pool**

# SOUTHWEST COMMUNITY CENTER & POOL

2801 SW Thistle Street  
Seattle, WA 98126  
Phone: Center (206) 684-7438, Pool (206) 684-7440  
Fax: (206) 233-7295  
Visit us on the web at: [www.seattle.gov/parks/](http://www.seattle.gov/parks/)



## HOURS OF OPERATION

### Community Center

Monday & Wednesday	10:00 AM - 9:00 PM
Tuesday, Thursday & Friday	1:00 PM - 9:00 PM
Saturday	10:00 - 5:00 PM
Sunday	CLOSED

### Pool

Monday - Thursday	Noon - 9:30 PM
Friday	Noon - 8:00 PM
Saturday	10:00 AM - 2:00 PM
Sunday	11:00 AM - 6:00 PM



## SPRING PROGRAM REGISTRATION

**Center** registration begins March 5th  
**Pool** registration begins March 10th (See page 20)

## SPRING PROGRAM DATES

April 12th - June 20th

## YOU CAN MAKE A DIFFERENCE!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds. Our Advisory Council is always looking for new members. Meetings are held (on the third Thursday evening of every month) to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

## SPRING PROGRAM AND SPECIAL EVENT INFO BEGINS ON PAGE 4

## PROFESSIONAL STAFF



Christopher Williams, *Operations Director*  
Katie Gray, *SW District Recreation Manager*  
Naseri Kitona, *Recreation Center Coordinator*  
Diane Jones/Nancy Eisner, *Aquatic Co-Coordination*  
Dena Schuler, *Assistant Recreation Center Coordinator*  
Matt Richardson, *Assistant Aquatic Coordinator*  
Heidi Hudson, *Administrative Support Assistant*  
Carrie Fulton/Mike Browne, *Teen Development Leaders*  
Mark Cantrell, *Senior Lifeguard*  
Rosalia Martinez, *PPT Recreation Attendant*  
Jennifer Tramble, *PPT Cashier*  
Richard LeMier, *Building Maintenance*  
Mark Sears, *Pool Operator*

## MISSION

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

## E-BROCHURES ARE AVAILABLE!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

## SUGGESTIONS



We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

## INTERESTED IN TEACHING?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.



## ANTI-DISCRIMINATION

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

## ACCOMMODATION FOR PEOPLE WITH DISABILITIES

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.



## RENTALS

For information about room rentals, please view our facility rental brochure. ([www.cityofseattle.net/parks/reservations/facrentalguide](http://www.cityofseattle.net/parks/reservations/facrentalguide))

## MORE INFORMATION

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4115, and for information about programs for special populations, please call 206-684-4950.

## PAYMENT

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. **Please note:** Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

## FEES AND CHARGES

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

## REFUNDS

- It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:
  - Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
  - Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
  - Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
  - Please read the entire policy, #7.16, for specific info.

## SCHOLARSHIPS

- Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.



## WAITING LISTS

- We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

## CLASS CANCELLATIONS

- To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

## CONFIRMATIONS

- Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



Larger type size available upon request.

## SPRING SPECIAL EVENTS

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### PLANT & CRAFT SALE

It's time to start preparing for our Annual Plant & Craft Sale. See back cover for complete information.  
Saturday, May 1st 10:00 AM - 4:00 PM

### SPRING EGG HUNT

Again this year we join Westwood Village Shopping Center to host the annual egg hunt for children 2 to 10 years of age. Fun and prizes for all! Meet back at the center for a pancake breakfast! Volunteers needed.

Location: Roxhill Park\*

\*gather in parking lot

Date: Saturday, April 10th

Time: Promptly at 10:00 AM

Pancakes: 11:00 AM @ Southwest



### FLASHLIGHT EGG HUNT

Teens ages 11 - 14 are invited to the Southwest Community Center's annual Flashlight Egg Hunt! Bring a container for candy and prizes and don't forget your flashlight!! Meet at the community center by 8:00 PM.



Date: Friday, April 9th

Time: 8:00 - 9:00 PM

Cost: FREE!!

### SPRING BREAK PUBLIC SWIMS

Instead of playing video games all day, bring you friends down to Southwest Pool for some Springtime fun. Splash around, play games or just hang out in the hot tub!

April 5th & 7th	M/W	2:00 - 3:00 PM
April 6th & 8th	T/TH	2:35 - 4:00 PM

### SUMMER SWIM TEAM

It's that time of year again to start thinking about summer swim team. Sign-ups begin monday, May 17th. Start getting into shape now by joining one of our fitness classes. Fitness class info can be found on page 22.

### SENIOR ADULT POTLUCK AT THE POOL

Swim and socialize at Southwest Pool! Invite your friends. Bring your favorite dish to share, and get in free. We hope to see everyone there!

Thursday, March 25th 2:30 - 3:30 PM

### APRIL POOLS DAY

The Seattle Parks and Recreation Department, in partnership with Children's Hospital, Washington Parks and Recreation, and the King County Drowning Prevention Network, wish to invite you and your family to April Pool's Day. This FREE event at Southwest Pool enables families to learn water safety by practicing in the water with personal floatation devices, testing foul water gear, performing reaching assists, and learning about rescue breathing. After an hour of hands on activities, participants are welcome to stay for a free swim!

Saturday, April 17th 10:00 - 12:00 PM

## SPRING SPECIAL EVENTS



### BIKE HELMET SALES

Recent legislation requires all bicyclists to wear bike helmets. Beginning May 15 and continuing the third Saturday of each month through September, Seattle Parks and Recreation, in cooperation with Cascade Bicycle Club Education Foundation, will conduct bicycle helmet sales at affordable prices.

Helmet sales at Southwest:

5/15, 6/19 & 7/17 10:00 AM -4:00 PM

Helmet sales at Highpoint CC:

8/21 & 9/18 10:00 AM - 4:00 PM

### ENVIRONMENTAL STEWARDSHIP EARTH DAY 2004

Thursday, April 22 is Earth Day!

Seattle Parks and Recreation invites you to celebrate Earth Day at a park or community center near you. We have more than 150 opportunities for you and your family to explore, learn about, or care for your world. For more information please call (206) 684-4075 or Adam Cole (206) 733-9434, or visit us at: [www.seattle.gov/parks/Environment/earth.htm](http://www.seattle.gov/parks/Environment/earth.htm)

## FRIDAY NIGHT FAMILY FUN

Intended for families with children 10 and under.  
Activities begin at 7:00 PM. One adult must attend.

### FAMILY MOVIE NIGHT

Come and enjoy movies that are fun for children and adults. All movies are free.  
Popcorn is \$1.00



4/16 Lion King 1 1/2 G

5/14 Spy Kids 3D PG

6/11 TBA

### FAMILY SCIENCE NIGHT 4/23

Presented by Pacific Science Center  
& Family Science

Enjoy hands on science that involves interactive activities that children and adults will find entertaining and thought provoking. Call the community center a week prior to find out which topic will be presented. Please pre-register. All activities are FREE!

### PLAY ROOM

Fee: \$1.00 per visit or Punchcard

Parents and Grandparents bring your little ones 4 and under. Come indoors during spring showers and play with all of our fun new play equipment. Children will have a ball and will get the opportunity to meet new playmates.

Play Room Hours:

Mon 10:00 - 2:00 PM

Fri 1:00 - 5:00 PM

Extended Play Room Hours

\*Fridays 1 - 8:00 PM

\*4/30, 5/7, 5/28, 6/4 & 6/25



### FAMILY FESTIVAL

Come one and all to celebrate with us on our last Friday Night Family event. This carnival will be loads of fun for everyone. All activities are free, donations accepted. Volunteers needed.

Festivities include:

Jump Toys

Face Painting

Games

Refreshments



Friday, June 18th 7:00 - 8:30 PM



## PRESCHOOL AND YOUTH PROGRAMS

### KINDER CLUB

This popular preschool class offers social interaction through singing, art, and educational games as well as activities including motor skill development and cooking. Your child must have turned 3 by August 31st 2003 and must be completely toilet trained. Children need only bring a clean change of clothes. Snack is provided. Program stays on site. \*Rates are no longer offered on a per day basis.

Instructor: Rosa Martinez  
Ages: 3 - 5 years  
Days: Mon & Wed  
Time: 9:00 AM - Noon  
\*Monthly  
Class Fee:

April	\$120.00
May	\$120.00
June*	\$45.00

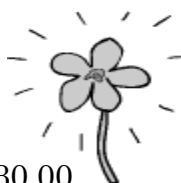
\*Last day 6/9



### CHILDREN'S CREATIVE DANCE AND BALLET

Kids will get to experiment with movement while using great classical music that encourages the imagination and the spontaneity of this age group. Our goal is for children to feel supported, comfortable, and free to explore their ideas about what dance can be. Great for self esteem and confidence in a group. The basics of ballet will develop strength, coordination, flexibility, and alignment.

Instructor: Sandra Dobra  
Ages: 4 - 7 years  
Mondays 6:00 - 6:45 PM  
Session I 4/12 - 5/10 \$30.00  
Session II 5/17 - 6/14\* \$25.00  
\*No class 5/31



### LITTLE HANDS COOKING

Put on your chef hat and learn to measure, scoop, stir, and taste. Children will make fun healthy foods and create a recipe book to keep and learn about safety tips in the kitchen.

Instructor: Rosa Martinez  
Ages: 4 - 5 years  
Tuesdays 11:30 AM - 12:30 PM  
Session I: 4/13 - 5/11  
Session II: 5/18 - 6/15  
Class Fee: \$35.00



### OOEY GOOEY ARTS & CRAFTS

Get ready to be messy. Kids will make and play with homemade gak, Play dough, fingerpaints, and more. No mess for moms and dads to clean up. Please bring a smock or old t-shirt.

Instructor: Rosa Martinez  
Ages: 4 - 5 years  
Thursdays 11:30 AM - 12:30 PM  
Session I: 4/15 - 5/13  
Session II: 5/20 - 6/17  
Class Fee: \$35.00



# YOUTH PROGRAMS

## SOUTHWEST AFTER SCHOOL PROGRAM

Are you looking for a well qualified program for your children after school? Then have them come to our program. We provide snacks, daily homework assistance, indoor/outdoor activities, arts & crafts, and monthly swimming. We are a licensed D.S.H.S. childcare site. Program dates follow Seattle Public School schedules. Cost includes early release days at no extra charge. Day camps for vacations and waiver days are not included. Payment due one week before the first of each month. Space is limited. Please ask to be placed on an interest list for Before School Care.

Ages: K - 5th grade  
Hours: M - F 3:00 - 6:30 PM  
Cost: \$230.00 per month

## SPRING BREAK DAY CAMP

Mon-Fri 4/5 - 4/9  
7:00 AM - 6:00 PM \$125.00

## BEGINNING BALLET

Ballet students will learn balance, coordination, and beginning technique. Students should wear ballet slippers and comfortable clothes.

Instructor: Sandra Dobra  
Ages: 7 - 12 years  
Mondays 7:00 - 8:00 PM  
Session I 4/12 - 5/10 \$30.00  
Session II 5/17 - 6/14\* \$25.00  
\*No class 5/31



## OH, DRAMA!

- An elementary overview of the theatre, motion picture, and television mediums.
- Technique, free expression, make-up, props, and readings.

Instructor: Michelle Allen  
Ages: 7 - 12 years  
Wednesdays: 6:00 - 7:00 PM  
10 Weeks 4/14 - 6/16  
Class Fee: \$50.00

## DANCE CALIENTE

Boys and girls are invited to come and learn hip hop, cha cha, swing, and salsa to the songs you love. Train with Anna Carling, a latin and swing dance competitor. \*Price includes t-shirt uniform.

Instructor: Anna Carling  
Ages: 6 - 14 years  
Wednesdays 5:00 - 6:00 PM  
10 weeks: 4/14 - 6/16  
Class Fee: \$60.00\*

## PIANO LESSONS

Learn basic, intermediate, and advanced technique! Develop your music theory and interpretation skills through classical, contemporary, or jazz music. Lessons are one half hour in length. Lesson times arranged on an individual basis with instructor. Payment is due after arrangements with the instructor have been made.

Instructor: Alice Huang  
Ages: 8 - Adult  
10 Weeks 4/1 - 6/4

Available lesson times:

Thursdays 5:30 - 9:00 PM  
Fridays 2:00 - 6:00 PM

Class Fee: \$140.00

## PRESCHOOL & YOUTH PROGRAMS

### CARTOONING & DRAWING

A cartoon makes a point in a vivid and humorous way. Students learn how to translate their ideas into cartoons by learning how to make convincing cartoon characters, lettering and more. Basic drawing pointers will be covered too.

Instructor: Richard Serpe  
Ages: 8 - 18 years  
Mondays: 5:30 - 6:30 PM  
10 weeks: 4/12 - 6/14  
Class Fee: \$50.00



### YOUTH KARATE

Build self-esteem, self control, and self defense techniques while you make new friends. Learn basic concepts and forms of Japanese Butokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Instructor: Tyron Asphy  
5th Degree black belt  
Ages: 8 - 18 years  
Days: Tuesdays & Thursdays  
12 weeks: 3/30 - 6/17

Class Fee: 5:30 - 6:30 PM \$100.00  
5:30 - 7:00 PM \$140.00



## SUMMER DAY CAMP 2004

A fun summer awaits your child at Southwest Day Camp. Each week of camp will feature a theme that activities are based on. A few of our field trips include:

- ~Explore the past at the Pacific Science Center
- ~See Seattle Storm swish, shoot, and slam at Key Arena
- ~Have fun in the sun at Alki Beach
- ~Discover rockets and planes that are out of this world at the Museum of Flight

Ages: Children entering 1st grade through 5th grade  
Hours: Monday through Friday 7:00 AM - 6:00 PM  
Location: TBA  
Fee: \$135.00\* per week

\*Single parent families please inquire if you qualify for a discount  
Scholarships are available. Requests should be made prior to registration.



Registration begins: Monday, May 10th at 10:00 AM  
Camp dates: June 20st -September 3rd (no camp July 5th)

Please bring a copy of your child's birth certificate and a copy of immunization records. Be prepared to complete a packet of paperwork, you will be asked to provide medical information that includes the name, location and phone number of your child's doctor. At the time of registration, please be prepared to pay in full one week of camp in addition to a \$25.00 deposit per child for each additional week you wish to register for. The \$25 deposit will be applied to the camp fee and is non-refundable and non transferable



# YOUTH & TEEN PROGRAMS

## DENNY COMMUNITY LEARNING CENTER AT DENNY MIDDLE SCHOOL

**After School Activities Program -A.S.A.P.**  
Denny Middle School with the support of the Families and Education Levy has an expansive after school program for middle school students, which includes job readiness skills, sports & fitness, environmental education, life skills, and arts & culture.

### Evening Programs

Along with A.S.A.P., the Denny Community Learning Center offers evening programs aimed at adults and families.

For A.S.A.P. or evening program registration information, please feel free to call Ron Davis at (206) 252-8987 or Jennifer Thompson at (206) 252-9034.

## TRACK



This program is geared for all skill levels. Meet new friends and have fun. A copy of your child's birth certificate is needed along with the enrollment packet to register. Practices will begin late March/early April, days and times TBA. Meets begin last week in April.

Ages: 7 - 17  
Cost: \$30.00

## GIRLS SOFTBALL

Learn the fundamentals of softball in this recreation league. A copy of your child's birth certificate is needed along with the enrollment packet to register. Sign-ups begin in March. Practices will begin late March/early April, days and times TBA. Games begin the last week in April

Ages: 10 - 17  
Cost: \$30.00



## YOUNG LADIES & YOUNG MENS GROUP

Come and discuss issues that are important to you, attend field trips and meet youth from other community centers. Youth must have a participant information form on file in order to participate.

Thursdays: 4:30 - 6:00 PM  
Cost: FREE

## BOWLING LEAGUE

Join us for bowling with the South Division Community Center league. Transportation is provided to and from Roxbury Lanes. Snack is provided every Wednesday. Play for fun and compete for prizes.

Ages: 11 - 17  
Wednesdays: 4:30 - 6:00 PM  
Cost: FREE

## TEEN COUNCIL

Council members will work along side the Southwest Community Center Advisory Council to improve the center and teen program. Students may earn service learning hours for their participation. Applications can be picked up from the SWCC front desk.

Every 2nd & 4th Wednesday  
6:00 - 7:00 PM  
Cost: FREE!

## FLASHLIGHT EGG HUNT

Bring a flashlight and a bag for candy and prizes.

Ages: 11 - 14  
Friday: April 9th  
Time: 8:00 PM SHARP  
Cost: FREE!



Volunteer at the pancake breakfast April 10th. Ask Carrie or Mike for more info.

## TEEN PROGRAMS~AGES 11 - 17

### TEEN PROGRAM INFORMATION

For registration and more information please call Carrie at (206)684-7438 or stop by the teen office during operating hours.

### OPEN GAMEROOM

The gameroom is open Monday-Friday for drop in activities. Youth are invited to come and participate. Activities include ping pong, pool, play station, board games and other special events. No registration is needed, but youth are asked to have a participant sheet on file with the teen staff.

Please note that because this is a drop in program youth are supervised while in the gameroom, but are free to arrive and leave at their discretion.

### DINNER & A MOVIE MONDAYS

Movies will be shown in the gameroom and will be of a PG or PG-13 rating. Menu will change weekly. Contact the teen office for upcoming schedule.

Mondays: 4:00 PM  
Cost: FREE

### FRIDAY FIELD TRIPS

Most Fridays will include a field trip. Field trips will vary in location, time, and price. Exciting fieldtrips to look for this spring include camping, EMP and Snoqualmie Falls. Participants must sign up in advance and must have a teen participant form on file in the teen office.

### DANCE CALIENTE

Boys and girls are invited to come and learn hip hop, cha cha, swing, and salsa to the songs you love. Train with Anna Carling, a latin and swing dance competitor.

Instructor: Anna Carling  
Wednesdays 4:15 - 5:00 PM  
Session I 4/14 - 5/12  
Session II 5/19 - 6/16  
Cost: \$25.00

### COOKING

Make your own snack in a quick and fun cooking project.

Tuesdays: 4:00 - 5:00 PM  
Cost: FREE

### POTTERY

Learn the basics of ceramic art. Make useful items or wonderful gifts for others. Work with local teacher and artist.

Instructor: Richard Serpe  
Tuesdays: 6:00 - 7:30 PM  
10 weeks: 4/13 - 6/15  
Cost: \$45.00

### OH DRAMA!

Perfect for aspiring actors! Sharpen your skills through drama games and activities.

Instructor: Michelle Allen  
Wednesdays: 5:00 - 6:00 PM  
10 Weeks: 4/14 - 6/16  
Cost: \$36.00

### THINGS TO LOOK FOR THIS SPRING

-Youth Assets & Mentoring Program  
-3 on 3 Leagues  
-Spring Break Activities  
-Service Learning Activities  
-Community Service Opportunities

# ADULT FITNESS PROGRAMS

## ADULT KARATE

Build self-esteem, self control, and self defense techniques while you make new friends. Learn basic concepts and forms of Japanese Butokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Instructor: Tyron Asphy  
5<sup>th</sup> degree black belt  
Ages: 18 and older  
Days: Tuesdays & Thursdays  
12 weeks: 3/30 - 6/17

Class Fee:	5:30 - 6:30 PM	\$105.00
	5:30 - 7:00 PM	\$145.00

## PILATES

An exercise method designed to improve kinesthetic awareness (mind body connection), increase mental focus, and reduce stress. Benefits can be improved posture, correction of muscle imbalance, and strengthening of core muscles. Bring a mat as almost all work is done on the floor.

Instructor: Zita Hachiya  
Thursdays 6:30 - 7:30 PM  
10 weeks: 4/15 - 6/17  
Class Fee: \$50.00



## KICK BOXING

Kick and punch your way into good health in this fun and energetic class. Build muscle while toning your body. You're on your way to great physical health.

Instructor: Jaques Johnson  
Wednesdays: 7:00 - 8:00 PM  
Session I: 4/14 - 5/12  
Session II: 5/19 - 6/16  
Class Fee: \$40.00

## AFRICAN DANCE

Revitalize yourself through dance. African dance is a powerful art form and a great way to get in shape. Wear comfortable clothes.

Instructor: Jaques Johnson  
Tuesdays: 7:30 - 8:30 PM  
Session I: 4/13 - 5/11  
Session II: 5/18 - 6/15  
Class Fee: \$40.00

## SWING DANCE

Learn to swing dance to big band music, Rock and Roll, Oldies and more. Learn the basics of East Coast Swing, one of the most versatile partner dances. Easy to learn and no partner required.

Instructor: Joe Ross & Hep Jen  
Wednesdays 7:00 - 8:00 PM  
Session I 4/14 - 5/12  
Class Fee: \$40.00



## BELLY DANCING

Try your talent as a femme fatale (or just enjoy some great stretching and fun exercise while learning history and basic steps of this exotic Middle Eastern dance form). Instructor Shoshanna teaches Egyptian, Arabic, and modified US Cabaret styles, including basic zil (finger cymbal) patterns at beginning to intermediate levels. Wear comfortable, cool clothing. Class may be extended at student request.

Instructor: Shoshanna  
Ages: 16 - 80\* years  
Mondays 7:00 - 8:30 PM 4/12 - 5/17  
Saturdays 10:30 - Noon 4/17 - 5/22  
6 classes: Mon or Sat \$40.00  
\*Younger or older students with instructor's permission.

## ADULT PROGRAMS

### CPR & FIRST AID

Become certified in Standard First Aid & CPR. For registration or more information please call the Red Cross at (206)323-2345.

Tue/Thu April 27 & 29 4:30 - 8:30 PM  
Class #46500

Tue/Thu May 25 & 27 4:30 - 8:30 PM  
Class #46501

Class Fee: \$45.00



### SCRAPBOOKING

Are your photos stuffed in shoeboxes, drawers, or many types of popular albums that chemically destroy photos? If so, this Creative Memories workshop is for you! For each class bring scissors and 6-8 photos of one event.

Instructor: Angele Nelson

Class Fee: \$15.00

Supply Fee: \$5.00 (pay instructor day of class)

Session I: Tue 4/20 7:00 - 9:00 PM

Session II: Wed 5/26 7:00 - 9:00 PM

### POWER LAYOUTS

Do you have boxes of pictures collecting dust and your memories are being lost as years go by?

Power layouts will help you organize an album in less than a day. \$35 supply fee includes all materials to complete and continue project. Pictures are to be organized for class. Bring any stickers and memorabilia you want to add.

Instructor: Angele Nelson

Class Fee: \$20.00

Supply Fee: \$35.00

Saturday, June 5th 1:00 - 4:00 PM



## AUDUBON CLASSES

### OWL PROWL!

What does an owl eat? How do owls catch their prey? What does an owl call sound like? Discover the world of owls by dissecting an owl pellet and learning local owl calls. Come soar into the wonderful world of owls!  
**FREE PROGRAM!**

Date: **Tuesday, April 27th**  
Ages: Family Program – All Ages!  
Time: 7:00-8:15 pm

### BIRD CALLS AND SONG!

How do birds communicate? What is the difference between a bird call and song? Learn how to remember calls through fun hands-on games and activities. Join us for an introduction to local birds and their calls and songs.

Date: **Tuesday, May 25th**  
Ages: Family Program – All Ages!  
Time: 7:00-8:15pm

### FREE! BIRD BANDING, TRAIL MAPS, AND MEMBER BIRD WALKS!

Come watch expert bird banding at local community parks, get a Washington State Birding Trail Map, and attend local bird walks in your neighborhood. Find out more information by visiting our website at [www.seattleaudubon.org](http://www.seattleaudubon.org)





# ADULT ARTS PROGRAMS

## POTTERY STUDIO TIME

The studio is open to potters experienced in basic skills of throwing, glazing, and firing. There will be additional charges for all firings.

Spring Quarter Dates: 4/1 - 6/20/2004

Fee: \$125.00

## CERAMIC SCULPTURE

This class will allow you to develop your skills at this remarkable art. Building hollow forms is the focus working in 3 different techniques: coiling, slabwork and pinching.

Instructor: Richard Serpe Jr.  
Ages: 16 & up  
Mondays 6:30 - 8:00 pm  
10 weeks: 4/12 - 6/14  
Class Fee: \$125.00

## ADULT CERAMIC WHEELING CLASS

The class stems to the basics and includes all levels of experience. Technique of centering, pulling, finishing, and glaze application. Instructor focuses on functional ceramic ware. Learn at your own pace.

Instructor: Michael Eric Dennett  
ages: 18 & up  
Wednesdays: 6:00 - 7:30 PM  
10 weeks: 4/14 - 6/16  
Class Fee: \$125.00

## RUBBER STAMPING

**Beginning class**-It is a fun and exciting craft with unlimited boundaries. In this class we will discuss the different types of inks and papers, cover the basic tools, learn how to emboss and how to make your own envelopes.

Tuesday, April 13th 6:30 - 8:30 PM  
Class Fee: \$15.00  
Supply Fee: \$5.00 (pay instructor day of class)



**Fast and Fun Dye Ink Cards** - In this technique we will use Embossing powders and Dye Inks to achieve wonderful results which we will turn into cards that are perfect for any occasion. Some basic stamping skills are needed for this class.

Tuesday, May 11th 6:30 - 8:30 PM  
Class Fee: \$15.00  
Supply Fee: \$5.00 (pay instructor day of class)

## PIANO LESSONS

Learn basic, intermediate, and advanced technique! Develop your music theory and interpretation skills through classical, contemporary, or jazz music. Lessons are one half hour in length. Lesson times arranged on an individual basis with instructor. Payment is due after arrangements with the instructor have been made.

Instructor: Alice Huang  
Ages: 8 -Adult  
10 Weeks 4/1 - 6/4  
Available lesson times:  
Thursdays 5:30 - 9:00 PM  
Fridays 2:00 - 6:00 PM  
Class Fee: \$140.00

## SEWING AND QUILTING FABRICS

Looking for more people to join the group. Non-seniors, men, beginners, give it a try! Let your creative side out.  
Mondays 10:00 - 12:30  
Fee: FREE



## SENIOR ADULT PROGRAMS

### REGISTRATION INFORMATION

#### Spring Quarter Dates:

April 5th - June 18th 2004  
Class registration opens March 15th

**Call (206) 684-4115 or (206) 684-7438 to register.**

Mail all checks payable to:  
**Senior Adult Advisory Council**  
**Senior Adult Programs**  
Attention: Mary Dalzell @  
Southwest Community Center  
2801 SW Thistle St  
Seattle, WA 98126

### COMPUTER CLASSES

Free computer use and training at the Westwood Heights Technology Center.

#### Internet Beginning

M/W 10:00 - 11:30 AM

#### Continuing e-mail and cruise the web

T/TH 2:00 - 3:00 PM

#### Digital camera/photo class

Pending, call for schedule

#### Open times to practice:

Monday 11:30 AM - 4:00 PM

Tuesday 9:00 - 11:00 AM  
& 5:00 - 8:00 PM

Wednesday 11:30 AM - 5:00 PM

Thursday 2:00 - 4:00 PM  
& 5:00 - 8:00 PM

Fri/Sat 11:00 AM - 4:00 PM

Call 932-6942 Ext. 16 to register. The center is designed to meet the visual and physical needs of the 50+ populace.

### DAY TRIPS

Once a week. Call #684-4951 for a detailed list to be mailed to you.

#### Day Trips:

Places of Worship  
DeGoede Tulips  
Seattle Rep  
"Kiss Me Kate"  
Leavenworth Manifest  
Bloedel Reserve  
Museums  
Edmonds Art Festival  
Port Townsend

### HATHA YOGA

**\$24.00/6 WEEKS**

Releases tension and stiffness as it tones and strengthens, calms, and relaxes. Gentle stretching and movement with awareness, correct alignment, and deep breathing will enhance your flexibility and range of motion.

Fridays 10:30 - 11:30 AM

Session I: March 19th - April 23rd

Session II: April 30th - June 4th

### MEDITATION & HEALING ENERGY

**\$24.00/6 WEEKS**

Learn how to meditate and to use your own gift of healing. Meditation and healing with energy can calm the nervous system, ease anxiety and depression, improve circulation, and promote restful sleep and relaxation. Each week we can work on different symptoms that occur in everyday living like headaches, stress, poor circulation, back aches, sore joints, high blood pressure. Instructor: Mary Light

Class begins April 13th.

Tuesdays 10:15 - 11:00 AM Southwest

### GUEST CHEF

**\$6.00**

Judi Carr, former pampered chef and mother of two gourmet chefs will tantalize us with easy appetizers. Please pre-register by May 3rd.  
May 13th 10 - Noon Southwest

## SENIOR ADULT PROGRAMS

### FITNESS FOR LIFE

**\$18.00/36.00**

Work out from head to toes. Use of dyna bands, sticks, & weights. Build up your strength and flexibility. Bring one pound weights to class.

Tuesday 10:00 - 11:00 AM  
Friday 9:30 - 10:30 AM

### PILATES

**\$35.00/10 WEEKS**

An exercise method designed to improve kinesthetic awareness (mind body connection), increase mental focus, and reduce stress. Benefits can be improved posture, correction of muscle imbalance, and strengthening of core muscles. Bring a mat as almost all work is done on the floor. Instructor: Zita Hachiya. Modified for seniors.

Thursdays 6:30 - 7:30 PM Southwest  
Begins April 15th

### TALENT SHOW

**FREE**

Do you have a talent you want to share? Join us at our 3rd Annual Show with the West Seattle Senior Center as "host site". Please pre-register for 11:45am lunch by calling #932-4044. Come watch, participate or both.  
April 21st 12:30 PM West Seattle Sr Ctr

### SPU INFORMATION

**FREE**

Learn more about utility issues such as water supply, recycling, utility rates, drainage planning, urban creeks, salmon friendly gardening, or volunteer programs. Questions answered by representative of the Seattle Public Utilities. Problem solving information provided. Please pre-register for SWCC by April 19th.  
April 29th 10:00 AM Southwest

### BOOK CLUB

Meets 3rd Thursday of each month at 1:00 PM at the Southwest Library.

### BRIDGE CLUB

**FREE**

Drop-in play for experienced players.  
Wednesdays 10:30 - 2:30 PM

### MOTHERS DAY PARTY

**FREE**

Angela from Jefferson CC and I will pamper you with special treats on this special day. Jefferson will be the host site. You must pre-register by April 30th.  
May 7th 11:30 AM Jefferson CC

### PICKLEBALL

**FREE**

Indoor game that is a cross between tennis and ping pong. This is a good cardio workout.  
Tuesday/Thursday 12:00 - 2:30 PM

### SEWING/QUILTING/FABRICS

**FREE**

An enthusiastic group of sewers is looking for more people to join them. Non seniors, men, beginners, give it a try! Let your creative side out.  
Mondays 10:00 - 12 noon Southwest

### HOW TO DOWNSIZE FROM A LIFELONG HOME & LIVE TO TELL ABOUT IT!

**FREE**

Lived in your home for 20 years? Considering a move to a smaller, more manageable place, but shudder at the thought of sorting through your closets, drawers, basement, and garage? Join our seminar for all the support and information you'll need to prepare yourselves for the downsizing process. This class is for those thinking about moving during the next year or facing an imminent change. You must pre-register by April 26th.  
May 6th 10:00 AM Southwest

# DAILY POOL SCHEDULE ~ SPRING

APRIL 3 - JUNE 20, 2004



## MONDAYS & WEDNESDAYS

6:00-7:30* AM	Early Morning Lap Swim
Noon-1:30 PM	Adult/Senior Adult Swim
1:30-2:00	Adult Swim Lessons
3:00-4:00	Lap Swim
4:00-5:30	Swim Lessons
5:30-6:30	Lap Swim-3 lanes
5:30-6:30	Masters Workout-3 lanes
6:30-7:15	Diving Lessons
6:30-7:00	Swim Lessons
7:00-7:30	Swim Lessons
7:30-8:15	Hydro-Fit
7:30-8:30	Shallow End Public Swim
8:30-9:30	Adult Swim

## TUESDAYS & THURSDAYS

Noon-1:30 PM	Adult/Senior Adult Swim
1:30-2:30	Sr. Adult Water Exercise
2:45-3:45	ASAP Program
4:00-5:00	YMCA Swim Team
4:15-5:00	Competitive Stroke
5:00-6:00	Lap Swim
6:00-6:30	Swim Lessons
6:30-7:00	Swim Lessons
7:00-7:30	Swim Lessons
7:30-8:30	Public Swim
8:30-9:15	Hydro-Fit
8:30-9:15	Adult Water Aerobics

## FRIDAYS

6:00-7:30* AM	Early Morning Lap Swim
Noon-1:30 PM	Adult/Senior Adult Swim
1:30-2:30	Family Swim
3:00-4:00	Lap Swim
4:00-5:30	\$1.00 Public Swim
5:30-7:00	Lap Swim-3 lanes
6:00-7:00	Masters Workout-3 lanes
7:00-8:00	Family Swim
8:00-10:00	Rentals (Call to Schedule)

\*Admission to EMLS by swim ticket only

## SATURDAYS

10:00-11:00	Youth Swim & Fitness
10:30-Noon	Swim Lessons
Noon-1:00 PM	Adult/ Sr. Adult Swim
1:00-2:00	Public Swim
2:00-10:00	Rentals (Call to Schedule)

## SUNDAYS

11:00-12:30 PM	Adult/Senior Adult Swim
12:30-2:00	Swim Lessons
2:00-3:00	Family Swim
3:00-4:00	Special Pops Lessons
4:00-5:00	Public Swim
5:00-6:00	Lap Swim
6:00-10:00	Rentals (Call to Schedule)



### POOL CLOSED

May 31st Memorial Day  
Pool Closure Dates - TBA\*

\*tentatively August '04 - March '05  
see page 23 for more info

# AMENITIES / FEES & CHARGES



## FACILITY FEES & CHARGES

• Youth (1-18)	\$2.25
• Adult (19-64)	\$3.25
• Senior Adult (65 & over)	\$2.25
• Special Population	\$2.25
• Masters Workout	\$3.75
• Water Aerobics	\$3.75
• Hydo-Fit/Aqua Jog	\$3.75
• Sr. Adult Water Aerobics	\$2.50
• Non-Recreation Spa, Weights, Sauna Use	\$3.25
• Recreation Pass (save \$2.00)	\$20.00
• Fitness Pass (save \$3.00)	\$30.00
• Fast Pass Adult (one month unlimited)	\$45.00
• Fast Pass Senior/Youth (one month unlimited)	\$35.00
• Water Equipment Rental	\$1.50
• Showers	\$2.00



## 13-STATION UNIVERSAL GYM

We offer a 13-station universal gym on the pool deck. Use of the weights is free with admission. Youth under the age of 16 may not use the weights. Sixteen & seventeen year olds using the weights must be supervised by an adult. Patrons must be dry and proper workout attire is required to use the weights.



## THERAPY SPA & SAUNA

Our therapy spa and sauna are available for use during all normal operating hours. The sauna is free with your admission fee. The spa is an additional \$.50 during recreational times. To use just the spa during non-recreational swim times the cost is \$3.25 for Adults and \$2.25 for Senior Adults. **Please Note:** Youth under the age of 13 are not allowed into the spa without an accompanying adult. Children under 16 are not permitted in the sauna.

## MERCHANDISE FOR SALE

• Goggles	\$5.00-7.00
• Shampoo	\$6.00
• Conditioner	\$6.00
• Swim Caps	\$3.75-8.00
• Nose Plugs	\$4.00
• Ear Plugs	\$4.00
• Wave Webs	\$14.00
• Stretch Bands	\$4.50
• Bottled Water	\$1.00
• Dive Rings	\$5.00
• Reusable Swim Diapers	\$7.00
• Little Swimmer Diapers	\$1.25

## RECREATIONAL PROGRAMS

### ADULT/ SENIOR ADULT SWIM

A recreational swim period for adults 19 years and over. Fast, medium, and easy lanes available for fitness swimming plus an open area for water walking or exercise.

**Please Note:** All lanes will be in during busy times.

Monday through Friday	Noon - 1:30 PM
Monday & Wednesday	8:30 - 9:30 PM
Saturday	Noon - 1:00 PM
Sunday	11:00 - 12:30 PM

### LAP SWIM

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

M/W/F	6:00 - 7:30 AM
M/W/F	3:00 - 4:00 PM
M/W	*5:30 - 6:30 PM
T/TH	5:00 - 6:00 PM
Friday	*5:30 - 7:00 PM
Sunday	5:00 - 6:00 PM

\*3 lanes used for Masters program.

**Please Note:** Private swim lessons may be taught during these times. Instructors will keep their students in lanes 1 and 2 if we have many classes being taught.



### PUBLIC SWIM

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, life preservers, and water wings to use. Lifeguards reserve the right to deny flotation devices during heavy use. Diving boards and slide are alternately opened to allow for deep water swimming. Children not meeting our height requirement of 3'6" feet must be accompanied into the water by an adult 18 years or older. Youth under the age of 18 must pass a swim test in order to swim in the deep end.

Monday - Thursday	7:30 - 8:30 PM
<i>(Monday and Wednesday evening public swims are shallow end only.)</i>	
Friday (\$1.00 swim)	4:00 - 5:30 PM
Saturday	1:00 - 2:00 PM
Sunday	4:00 - 5:00 PM



### FAMILY FLOAT SWIM

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 years of age. This is an excellent time to bring very young children in to practice swimming skills. This is a great time to make swimming a family affair. Single adults are welcome.

Friday	1:30 - 2:30 PM
Friday	7:00 - 8:00 PM
Sunday	2:00 - 3:00 PM



# AQUATIC FITNESS PROGRAMS



## SENIOR ADULT WATER EXERCISE

Shallow end Senior Adult Water Exercise provides a recreational as well as a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular system. No swimming ability required.

Tuesday & Thursday 1:30 - 2:30 PM

Class Fee: \$3.75 Adults/ \$2.50 Senior Adults

## ADULT WATER AEROBICS

Shallow end Water Aerobics is a workout consisting of warm-up, stretching, 30 minutes of aerobic activity, and a cool down. Participants can expect to work on strength and toning while getting a great workout. No swimming ability required.

Tuesday & Thursday 8:30 - 9:15 PM

Class Fee: \$3.75 Adults/ \$2.50 Senior Adults

## ADULT HYDRO-FIT

Hydro-Fit is a 45 minute deep water, non-impact adult exercise program that can work the whole cardiovascular system. The use of specially designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

Monday & Wednesday 7:30 - 8:15 PM

Tuesday & Thursday 8:30 - 9:15 PM

Class Fee: \$3.75 Adults/ \$2.50 Senior Adults



## MASTERS WORKOUT

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time. Pool shared with lap swim.

Monday & Wednesday 5:30 - 6:30 PM

Friday 6:00 - 7:00 PM

Class Fee: \$3.75 Adults

## SWIM LESSON SCHEDULE

Days	Dates	# of classes	Youth/Adult	Open Registration
<b>M &amp; W</b>				
Session I	3/17 - 4/21*	11	\$44.00	March 10th at 6:00 PM
Session II	4/28 - 6/9* (no class 5/31)	12	\$48.00	April 21st at 6:00 PM
	*Starts on Wednesday			
<b>T&amp;TH</b>				
Session I	3/18 - 4/22*	11	\$44.00	March 10th at 6:00 PM
Session II	4/29 - 6/10*	13	\$52.00	April 21st at 6:00 PM
	*Starts on Thursday			
<b>Saturday</b>				
Session I	3/20 - 6/5 (no class 4/17)	11	\$44.00	March 13th at 12:30 PM
<b>Sunday</b>				
Session I	3/21 - 6/6	12	\$48.00	March 14th at 4:30 PM

### NOTE-

A minimum of four students is required for all youth swimming classes. Programs may be combined or canceled if minimum enrollment is not met.

**SUMMER REGISTRATION WILL BE  
TUESDAY, JUNE 15TH AT 6:00 PM**

### SWIM LESSON REGISTRATION - LOTTERY SYSTEM

Southwest Pool's open swim lesson registration is conducted by a lottery system. At the time registration begins, random numbers will be distributed to all people waiting to register. Numbers will be called in order, beginning with #1, and registration will continue until all those present have been served.

### LEARN TO SWIM

Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students enrolled in Seattle Public Schools. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer.

For "Learn to Swim" information, please call your local Seattle Parks and Recreation swimming pool or visit the web

[www.cityofseattle.net/parks/aquatics/learntoswim.htm](http://www.cityofseattle.net/parks/aquatics/learntoswim.htm)

# SWIM LESSON DESCRIPTIONS

## TOTS

This class is an introduction to the water for infants and toddlers 6 months to four years of age. The instructor teaches the parent how to teach the child basic water skills and water safety. Each child must be accompanied into the water with a parent/adult.

M/W	6:30 - 7:00 PM
T/Th	6:30 - 7:00 PM
Saturday	11:30 - Noon
Sunday	1:30 - 2:00 PM



## KINDER LEVEL AGES 4 - 6

Kinder age swim lessons are taught in four progressive levels, K1 through K4. K1 and K2 classes cover water adjustment and basic skills for children with little or no swimming experience. K3 and K4 progress to more advanced skills. Every class also includes water safety.

## YOUTH LEVEL AGES 7 - 15

Youth swim lessons are offered in progressive skill levels, L1 through L7. These classes are designed for youth ages 7 through 15 years and cover basic to advanced swimming skills. Water safety is included in each skill level.

## LESSON TIMES

**Please Note:** Not all levels are offered at all class times.

### Monday & Wednesday

4:00-4:30 PM, 4:30-5:00 PM, 5:00-5:30 PM, 6:30-7:00 PM, 7:00-7:30 PM

### Tuesday & Thursday

6:00-6:30 PM, 6:30-7:00 PM, 7:00-7:30 PM

### Saturday

10:30-11:00 AM, 11:00-11:30 AM, 11:30-Noon

### Sunday

12:30 PM-1:00 PM, 1:00-1:30 PM, 1:30-2:00 PM

## ADULTS

We offer swim lessons for older teens, adults, and senior adults. From the very beginner swimmer to the more advanced swimmer, the instructors can meet your needs and help you attain your goals.

Days: Monday & Wednesday

Time: 1:30 - 2:00 PM or 7:00 - 7:30 PM

## SPECIAL POPULATION SWIM LESSONS

Southwest Pool offers small or individualized swim classes for youth with special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. Use of the therapy spa is also available for an additional \$0.50. Space is limited. Contact Diane Jones or Matt Richardson for registration information. Because of the demand for these classes, there will be a 2 session limit to accommodate our wait list.

Sundays 3:00 - 3:30 PM & 3:30 - 4:00 PM

Session I 3/21 - 6/6 \$48.00

## COMPETITIVE STROKE CLASS

Learn advanced stroke techniques, turns, racing starts while building endurance. Learn proper technique diving off the blocks and get in a good workout too! Pre-requisite: you must have a skill level of Red Cross level 6 or higher.

T/TH 4:15-5:00 PM

Session I: 3/18 - 4/22 \$66.00

Session II: 4/29 - 6/10 \$78.00

## PRIVATE LESSONS

Southwest Pool offers private swim lessons to those interested in one-to-one attention. Private lessons allow for concentrated instruction to meet individual needs. Cost is \$22.00 per 1/2 hour lesson or \$32.00 for a semi-private lesson. Spa fee \$.50. Contact Nancy Eisner or Diane Jones, Aquatic Co-ordinators at (206) 684-7440 to schedule.

## SPECIALTY SWIM LESSONS

### YOUTH SWIM & FITNESS

This program is for youth and teens ages 10 years to 18 who have the swimming ability of level 6 or higher. This fitness program is designed to give young swimmers a challenging workout through interval training. This is a great way to stay in shape and keep swimming technique sharp in-between swimming seasons.

**Saturday: 10:00-11:00 AM**

April	3, 10 & 24	\$24.00
May/June	1, 8, 15, 22, 29, 6/6	\$48.00

### SPRINGBOARD DIVING

Try our diving class and learn the fundamentals of springboard diving, body position, proper form & technique, and skills. Also safety will be taught.

Pre-requisites:

- must be 10 years old
- be able to perform a standing dive from the diving board
- must have Red Cross Youth level 6 swimming ability or higher
- pre-test required

#### Beginners

<b>Mondays</b>	<b>6:30 - 7:15 PM</b>	
Session II	3/22 - 6/7* 11 classes	\$66.00
	*No class 5/31	

#### Intermediate

<b>Wednesdays</b>	<b>6:30 - 7:15 PM</b>	
Session II	3/24 - 6/9 12 classes	\$72.00

### LIFEGUARD TRAINING 2004

This class will prepare youth 15 years and older to become lifeguards. The course will include CPR for the Professional Rescuer, First Aid, and Lifeguard Training. Early paid pre-registration is a must for this popular class. There will be a 500 yard pre-test. Appropriate Red Cross books, a resusci mask, and attendance at every lesson are class requirements. For further information, please contact Nancy or Diane at the pool.

Course	\$90.00
Books	\$34.95
Resusci mask	\$12.25
Total cost	\$137.20

Pre-test March 31st at 8:30 PM

Session II:	4/5 - 5/3
M & W	7:00 - 10:00 PM
9 classes	\$90.00

### NORTHWEST LIFEGUARD TEST PREP COURSE

Session I	Wednesday, March 24th	8:00 - 10:00 PM	\$35.00
Session II	Wednesday, May 5th	8:00 - 10:00 PM	\$35.00

### CPR - FPR CHALLENGE

	5 student minimum		
Session I	Sunday, June 6th	10:00 AM - Noon	\$35.00
Session II	Sunday, June 13th	10:00 AM - Noon	\$35.00

### LIFEGUARD CHALLENGE

	6 student minimum	
Session I	Saturday, June 5th	
	1:00 - 5:00 PM	\$35.00
Session II	Saturday, June 12th	
	1:00 - 5:00 PM	\$35.00

# RENOVATION CLOSURE



## SOUTHWEST COMMUNITY CENTER & POOL IS GROWING!



In 1999, Seattle voters approved a renewal of the 1991 Community Centers and Seattle Center Levy, renewing Seattle Parks and Recreation's commitment to renovate and expand old facilities and provide new centers. The levy totals \$72 million spread over eight years. The nine community center and two neighborhood projects will receive a total of \$36 million from the levy.

### COMMUNITY CENTER CLOSURE

The community center will be closed from July 6th, 2004 until March of 2005 to receive improvements through this levy. During that time a new gymnasium will be constructed south of the swimming pool. The current pottery studio will be dismantled to make way for a new Teen Life Center and a computer lab. The existing outdoor playground area will be relocated and new landscaping will surround the gym. An extensive fire sprinkler system will be added throughout the facility to bring the building up to current fire standards.

### SWIMMING POOL CLOSURE

The swimming pool will be open for all programs, including swim team, lessons, fitness and recreational swims, through the end of July 2004. In addition to the sprinkler system, the pool will receive a new ADA accessible family change room. The pool is slated to reopen with the community center in March 2005.





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# SPRING 2004 ANNUAL PLANT & CRAFT SALE

MAY DAY, SATURDAY, MAY 1ST ~ 10:00 AM - 4:00 PM

THIS ANNUAL EVENT IS A FAVORITE IN THE COMMUNITY. GARDENERS WILL HAVE THEIR BEST PLANTS FOR SALE, AND CRAFTSMEN WILL HAVE THEIR GIFTS FOR SALE.

A GREAT PLACE TO GET A MOTHERS DAY PRESENT! COME FOR YOUR CHANCE TO WIN ONE OF MANY WONDERFUL DOOR PRIZES THROUGHOUT THE DAY.

THERE WILL BE LOTS OF FUN MAY DAY ACTIVITIES THAT CHILDREN AND ADULTS WILL ENJOY. KIDS WILL HAVE A FUN TIME USING OUR GIANT JUMP TOY!

ALSO, WE HAVE A FREE PUBLIC SWIM FROM 1:00 - 2:00 PM.

A decorative border made of stylized flowers and leaves surrounds the text.

## PLANT AND CRAFT VENDORS WANTED

RESERVE YOUR TABLE FOR THE SOUTHWEST COMMUNITY CENTER'S ANNUAL PLANT & CRAFT SALE. TO HAVE A VENDOR PACKET MAILED TO YOUR HOME, PLEASE CALL #684-7438.

VENDORS PAY A FEE OF \$15.00 PER TABLE PLUS 10% OF SALES.

SIGN UP EARLY TO CHOOSE YOUR SPOT.